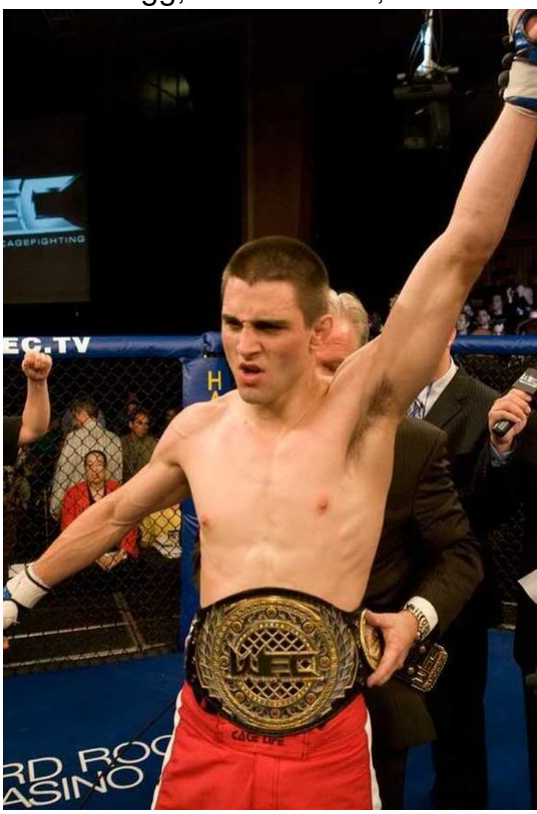
Carlos Condit is currently the World Extreme Cagefighting Welterweight Champion. The 170 pound title holder who fights out of Albuquerque, New Mexico is considered one of the most feared fighters in the world. His pro career began at the age of 18. Condit, now 24 years old, owns a 21-4 record in mixed martial arts with wins over the likes of Frank Trigg, John Alessio, and Brock Larson. My cuz had a chance to talk to him this week.



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Carlos Condit will return to the cage on August 3rd to defend his title against Hiromitsu Miura. He is currently preparing for that bout and recently took a few minutes to speak to me about that fight and a few other topics.

SS: Thanks for joining me Carlos, how's training going?

CC: It's going good. I was sick for a few days but now it's getting ready to pick up here soon.

SS: You're next fight is with Miura, what do you know about him and what are you expecting?

CC: I know he's a tough competitor. He prefers to strike. His style is relentless, he'll keep coming and I'm preparing to go a full five rounds.

SS: I have to ask about the nickname, it's one of the best in the sport. Where did "The Natural Born Killer" come from?

CC: When I was just getting started the movie was actually being filmed in a town close to where I grew up. I thought it was cool and it resembles what I'm trying to do as a competitor.

SS: You had a wrestling background when you were younger, how did you get into mixed martial arts?

CC: I remember watching the old school UFC's before it was huge. Going into the special interest section at the video store and renting them. I fell in love with sport and knew it was something I wanted to do.

SS: Did you ever think back then it would be a career for you?

CC: Nobody thought they could make a career out of it back then. I knew the sport would be big but nowhere near what it is today.

SS: Who were some of the fighters from the early days you liked watching?

CC: Oleg Taktarov I remember watching a lot. Don Frye's style back then was awesome, very aggressive. BJ Penn and Jens Pulver I liked a lot also.

SS: Speaking of Jens Pulver, what were your thoughts on the WEC battle between him and Urijah Faber?

CC: Wow, what an awesome fight. I was fortunate to be cageside. What those two guys did made me proud to be a part of the WEC and mma in general. It was great.

SS: There are still people that consider the WEC the minor leagues to the UFC, what do you have to say to that?

CC: That's crazy. There is a ton of great talent in the WEC.

SS: There are also rumblings about a few guys, such as yourself, that might get to fight UFC fighters. Have you heard anything to that effect at all?

CC: I know I want to fight the best guys. The best fighters fight for Zuffa (UFC and WEC's parent company) and I know I can compete with anyone. You hear rumors but you're not sure if they're concrete or reliable. I have beaten UFC veterans in the past so that proves I can

hang with them.

SS: Is there anyone out there that you would like to fight?

CC: I'm just looking to fight the top fighters out there. I love to strike so someone with a similar style to me. Someone comparable to Nick Diaz and with his aggressive style.

SS: You are considered one of the most well rounded fighters in the game, is there one aspect that you work on a little more than anything else?

CC: I think I need to improve my takedown defense a little bit. My ground game is decent but my frame makes it a little easier for me to be taken down.

SS: What is your most memorable fight you've had so far and also your toughest?

CC: The most memorable is when I beat John Alessio for the WEC title. A lot of people were counting me out in that one. That dude was running his mouth a lot so that was pretty nice. I'd have to say my toughest fight was with Jake Shields. It was a back and forth close fight that he came out on top in. That fight proved to me that I belonged and taught me a lot about myself.

SS: You're only 24 right now, what long term goals do you have for yourself?

CC: I'm doing what I love to do. Hopefully I can compete at the pro level for another decade or so. After that I plan on sticking with the sport as an instructor and maybe own a few schools.

SS: Carlos, I truly appreciate the time, it's been a pleasure talking to you.

CC: Same here, thanks.